



Mental Health First Aid

A basic training course designed for parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring adults who regularly interact with young people.

General Description:

Mental Health First Aid is an 8-hour training course designed to give participant's key skills to aid someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind Mental Health First Aid demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping to identify, understand and respond to signs of mental illness. Specifically, studies found that those who were trained in Mental Health First Aid have greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved concordance with health professionals about treatments, and decreased stigmatizing attitudes.

Learning Objectives:

Participants will:

- Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
- Recognize the potential risk factors and warning signs for a range of mental health challenges common among adolescents, including: depression, anxiety, psychosis, eating disorders, AD/HD, disruptive behavioral disorders, and substance use disorders.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.
- Assess their own views and feelings about mental health problems and disorders.

Youth Mental Health First Aid Modules

Session 1 (four hours)	Session 2 (four hours)
Part 1 (two hours) • What is Youth Mental Health First Aid? • Adolescent Development & Mental Health Problems in Youth • The Mental Health First Aid Action Plan • Signs & Symptoms	Part 1 (two hours) • Using the Mental Health First Aid Action Plan ○ In Non-Crisis Situations ○ Intensive Scenario Work
Part 2 (two hours) • Risk Factors & Protective Factors • Using the Mental Health First Aid Action Plan ○ Assess for Risk of Suicide or Harm	Part 2 (two hours) • Using the Mental Health First Aid Action Plan ○ In Crisis Situations ○ Intensive Scenario Work

For more information about this training and applicable fees, please contact Tabetha Zostant at Tabetha.Zostant@parsonscenter.org